



For Immediate Release
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IDOR Employees Take 22 Push-Up Challenge to Honor Vets

SPRINGFIELD...Employees with the Illinois Department of Revenue (IDOR) took part in the [22 Push-Up Challenge](#) yesterday to bring awareness to a [2012 Department of Veterans Affairs](#) report that indicates an average of 22 United States Veterans commit suicide every day. The challenge calls upon participants to do 22 push-ups (or as many as possible), to be added to a nationwide push-up tally. IDOR employee organizers hope to increase awareness and show support for Veterans through their efforts.

"The first time you hear the statistic – 22 Vets "Killed by Suicide" every day, it is truly a sobering reminder of how the scars of combat remain for our men and women who serve in the Armed Forces," said John Nelson, IDOR employee and event organizer. "While there can be no way for us to understand all that our Veterans have endured, we can show our support and help raise awareness to this staggering statistic. We encourage folks to educate themselves on the Veteran suicide epidemic plaguing our country and to spread the word by taking the push-up challenge."

The [22KILL](#) movement was started by Honor Courage Commitment, Inc and focuses on educating the public on mental health issues, such as Post-traumatic stress disorder (PTSD) and serving as a resource for Veterans.

Participants of the 22 Push-Up Challenge are encouraged to record and share a video of themselves taking the challenge on social media. 22 KILL has set a goal of 22 million push-ups to honor those who serve. IDOR employees in Springfield have challenged the Chicago IDOR office to join in this worthy cause.

For video footage of IDOR's 22 Push-Up Challenge, please visit IDOR's Facebook page at: <https://www.facebook.com/ILdepartmentofrevenue/?fref=ts>.

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